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Social Anxiety
OCD isn't cool.
Bipolar disorder
Depression isn't
Cutting isn't co
Phobias aren't c
Trauma isn't coo
Sleep disorders
Eating disorders

They're real thi
They are scary.
And pretending y
obnoxious and a

Living with a disorder.



18 1 2

Chapter 1 by Standard Issue

Hi, the name's Adam or Standard Issue. I'm new to this and thought I could tell people how hard my life is.

So, first of all. I'm Bipolar, (Bipolar disorder, formerly known as manic depression, is a condition that affects your moods, which can swing from one extreme to another.) which makes regular human interaction difficult. One moment I can be fine, happy and usually pretty cheerful, the next I can get really agitated and angry at anybody around me. Sometimes, it can get quite physical but most of the time I just get really hard to live with.

I'm still unsure how people can be friend with people like me. Even the first person I got 'Physical' with is still looking out for me. It's good to see people who care about you and don't care if you shout or scream or nearly stab them in the stomach with a knife.

So, in the next few chapters, I want YOU to share something. If you have a disorder, doesn't have to be Bipolar, or a friend of yours does. Please share it and maybe we can start to help each-other!

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unfamiliar places. People (especially my family) gets really mad at me because it's hard for me to go to things that are outside of my house. We are not sure, but I have symptoms of symmetry OCD, but it's not bad at the moment. Sometimes I get jealous of people who have an easy time leaving the house. I get mad at myself to, and I often regret the things I don't do. I also have depressive episodes, mostly because of the panic disorder. Sometimes I get really tired, and I want to stay in bed all day.

Write a draft for chapter 3 of 8

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